



50/ 50 Employee Wellness Challenge to benefit the American Heart Association

Sponsored by the Wellness Committee

To enter, select a specific goal and commit to working on this goal over the course of a 6 week period, beginning January 24th and ending March 4th. An entrance fee of \$20 along with the completed bottom portion of this form can be provided to Jackie Kytchak in the Student Life Office.

A winner will be randomly selected from all the participants at the completion of the 6-week challenge period. The winner will receive half of the money collected, and the other half of the money will benefit the American Heart Association.

Wellness goals can be related to physical health, emotional health, fitness, or nutrition. Here are some examples of goals, but feel free to create your own:

- walk 10,000 steps per day 5 days per week
- lose 10 pounds
- drink 64 oz. of water daily
- eat at least one fruit or vegetable at every meal
- meditate for 10 minutes daily
- write down 3 things I am grateful for each day
- get 8 hours of sleep per night
- get my COVID-19 vaccine or booster

Name: _____

My goal: _____

Goal Tracker

Write down how you progress in working toward your goal each week. This is for your benefit only and does not need to be turned in.

My goal: _____

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____

Week 5: _____

Week 6: _____

**Be proud of any progress you have made and
keep striving to live your healthiest life!**